

BAL Cup Semi Final. Yate Outdoor Sports Complex. Saturday, 18 July 2009

Results - Men

400m Hurdles

1	Richard Scott	Exeter	55.1
2	Jamie Gutteridge	Cardiff	58.8
3	David Goodger	Newport	59.2
4	Dafydd Walters	Swansea	60.3
5	Dan White	Yate	60.5
6	Philip Coker	Southampton	64.8
7	David Hoskins	Severn	82.0
8			

Discus

1	Jacob Matthews	Cardiff	41.50
2	Gareth Winter	Severn	40.55
3	Maurice Hicks	Southampton	37.86
4	Mike Small	Swindon	37.59
5	John Mitum	Exeter	37.02
6	Ritchie Wells	Swansea	36.20
7	Keith Powell	Newport	23.58
8	Ashley Jones	Yate	22.84

800m

1	Joe Thomas	Cardiff	1.53.1
2	Gareth Beech	Southampton	1.54.9
3	Dan Pidgeon	Swindon	1.56.3
4	Owen Walpole	Exeter	1.56.8
5	Brett Halliwell	Yate	1.58.1
6	Lee Richards	Newport	2.02.1
7	Steve Richards	Swansea	2.05.2
8	David Gilbert	Severn	2.06.9

High Jump

1	Robby Wells	Swansea	1.80
2	Alex MacGregor	Exeter	1.75
3	Tom Kivell	Cardiff	1.70
4	Leigh Pritchard	Severn	1.65
5	Tony Jackson	Swindon	1.50
6=	Ian Morgan	Newport	1.20
6=	Chris Bull	Southampton	1.20
8			

400m

1	Patrick North	Swindon	48.7
2	Gareth Dodd	Swansea	49.1
3	Daryn Campbell	Southampton	49.3
4	Carl McEwan	Newport	50.1
5	Matt Muggeridge	Yate	51.2
6	Declan Evans	Cardiff	51.4
7	Lee Salter	Exeter	51.9
8			

Long Jump

1	Chris Bull	Southampton	6.12
2	Josh Tunstall	Exeter	5.88
3	Robbie Wells	Swansea	5.83
4	Matthew Tanner	Swindon	5.63
5	Tom Kivell	Cardiff	5.44
6	Nick Walker	Severn	5.16
7	Malcom Medhurst	Newport	5.06
8			

200m

1	Lloyd Reffell	Cardiff	22.1
2	Ross Langford	Southampton	22.7
3	Ashley Naylor	Severn	22.7
4	Jamie Price	Swansea	22.8
5	Byron Fitzgerald	Exeter	23.2
6	Ed Lantzoz	Newport	24.0
7	Daniel Large	Swindon	24.6
8			

Shot Put

1	Jacob Matthews	Cardiff	13.31
2	David Dawson	Exeter	12.84
3	Gareth Winter	Severn	12.83
4	Mike Small	Swindon	12.06
5	Maurice Hicks	Southampton	11.59
6	Robert Eales	Newport	11.28
7	Richie Wells	Swansea	11.26
8	Pete Jackson	Yate	9.94

100m

1	Gareth Hopkins	Cardiff	10.8
2	Jacob Evans	Southampton	11.0
3	Oliver Edwards	Newport	11.0
4	George Robinson	Exeter	11.1
5	Ashley Naylor	Severn	11.3
6	Jamie Price	Swansea	11.7
7	Matt Tanner	Swindon	12.0
8			

Medley Relay

1		Cardiff	2.24.7
2		Exeter	2.27.0
3		Southampton	2.28.0
4		Swindon	2.30.6
5		Newport	2.32.5
6		Severn	2.50.8
7			
8			

1500m

1	Jonathan Morgan	Newport	4.02.9
2	Jack Bancroft	Exeter	4.04.7
3	Ben Scarlett	Swindon	4.07.1
4	Sam Dagleish	Yate	4.07.8
5	Ed Takata	Cardiff	4.09.4
6	Gareth Kaplacz	Southampton	4.14.3
7	Steve Richards	Swansea	4.40.1
8	Ollie Otaruey	Severn	4.48.9

Match Result

1		Cardiff	85
2		Exeter	70
3		Southampton	64.5
4		Swindon	50
5		Newport	46.5
6		Swansea	46
7		Severn	39
8		Yate	19

Results - Women

400m Hurdles

1	Sian Scott	Southampton	59.3
2	Sophie Skinner	Exeter	62.3
3	Anwen Rees	Swansea	63.0
4	Lauren O'Reilly	Newport	68.7
5	Emily Brown	Cardiff	69.6
6	Hannah Jackson	Yate	74.5
7			
8			

800m

1	Katherine Humphreys	Exeter	2.13.2
2	Amanda Jones	Swansea	2.13.3
3	Dominique Oughton	Swindon	2.21.4
4	Lauren Brobin	Cardiff	2.23.8
5	Eleanor Alexander	S'ton	2.25.2
6	Emma Journeaux	Yate	2.29.4
7			
8			

400m

1	Bryony Turnbull	Swansea	58.4
2	Hayley Smith	Yate	58.8
3	Emily Weeks	Exeter	60.4
4	Leila James	Cardiff	61.6
5	Carol Dawkins	Southampton	64.2
6			
7			
8			

200m

1	Rachael Lewington	S'ton	25.0
2	Kerry Gale	Exeter	26.1
3	Paula Hill	Yate	26.2
4	Lauren Regan	Cardiff	26.3
5	Lauren O'Reilly	Newport	27.1
6	Sian Davies	Swansea	27.7
7	Vicky Bass	Swindon	30.6
8			

100m

1	Jenny Robinson	Exeter	12.6
2	Kayleigh Harper	Swindon	12.7
3	Hannah Jones	Cardiff	12.9
4	Chantelle Walker	Swansea	13.1
5	Zoe Llewellyn	Newport	13.4
6	Donna Chatting	S'ton	13.5
7			
8			

1500m

1	Andrea Whitcombe	Swansea	4.41.1
2	Vikki Jackson	Cardiff	5.05.5
3	Anna Rust	Exeter	5.11.5
4			
5			
6			
7			
8			

Discus

1	Debbie Calloway	Southampton	39.08
2	Julia Walkden	Exeter	38.30
3	Alyson Hourihan	Cardiff	?
4	Zoe Large	Swindon	20.98
5	Sian Davies	Swansea	20.20
6			
7			
8			

High Jump

1	Karla Drew	Southampton	1.60
2	Rachel ?	Yate	1.55
3	Rebecca Chapman	Exeter	1.55
4	Laura Mackie	Swindon	1.40
5	Andrea Whitcombe	Swansea	0.90
6			
7			
8			

Long Jump

1	Imelda Morrison	Swansea	5.39
2	Laura Mackie	Swindon	4.85
3	Beth Skinner	Exeter	4.78
4	Donna Chatting	Southampton	4.50
5	Hannah Jones	Cardiff	4.19
6			
7			
8			

Shot Put

1	Debbie Calloway	Southampton	10.58
2	Ayla Phillips	Cardiff	10.14
3	Julia Walkden	Exeter	8.73
4	Chantelle Walker	Swansea	8.63
5	Zoe Large	Swindon	7.36
6			
7			
8			

Medley Relay

1		Southampton	2.47.7
2		Exeter	2.50.9
3		Swansea	2.52.7
4		Cardiff	3.01.7
5		Swindon	3.15.7
6			
7			
8			

Match Result

1		Exeter	82
2		Southampton	76
3		Swansea	71
4		Cardiff	56
5		Swindon	42
6		Yate	28
7		Newport	13
8		Severn	0